

Tips to Informal Caregivers on Giving Personal Care

Care for Shock

Shock can happen to anyone who has lost a lot of body fluid, becomes extremely ill or is badly hurt. Shock can keep the organs from functioning.

Symptoms of shock include confused behavior, very fast or slow pulse rate; very fast or very slow breathing; trembling and weakness in arms and legs; cool and moist skin, pale or bluish skin, lips or fingernails; or enlarged pupils.

Procedure:

- Have the person lie down.
- Keep him as calm and comfortable as possible.
- Maintain a normal body temperature. If it is hot, provide shade. If it is cold, provide protection from cold both under and over the victim.
- Elevate the feet, unless a broken bone or an abdominal or head injury is suspected. Never elevate any unsplinted fracture.
- If the person has a head wound or trouble breathing, elevate the head and shoulders only. The person should be flat on his back if a broken back is suspected.

When a person is bleeding from the mouth or vomiting, turn him on his side so fluid will drain from his mouth.

The above statements are not intended to diagnose, treat, cure or prevent any disease. You should always consult with your physician about any health and lifestyle concerns or issues you may have.